

MANCAVE

P L A Y B E S

WHAT IS CONSIDERED
"TOO PROVOCATIVE"

by *Solange
Sanchez*

SEPT | OCT 2019

BOSTON
TRAVEL DIARIES

WORK
OUT
ROUTINES

"I AM
FINALLY
BACK!"

by *Michelle
SportsX*

*Playbabe
of the
Month*
WHITNEY
COLE

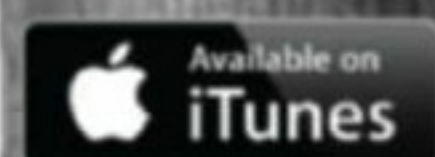
SHOULD YOU GET A
CRIMINAL
BACKGROUND
CHECK
BEFORE YOU
DATE
SOMEONE?





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PHOTOGRAPHY BY KEVIN TALLEY
Lilly Mattingly

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CHARISSA PRINSLOO

Photography by Jaco Malan







MANCAVE
PLAYBABE
**CHARISSA
PRINSLOO**
PHOTOGRAPHY BY
JACO MALAN



CHARISSA PRINSLOO
Photography by Jaco Malan



“

*THE FACT THAT MODELS
CAN SHOW THE WORLD
THAT YOU CAN REALIZE
YOU ARE IMPERFECT BUT
STILL ACCEPTING IT.*

Who inspires you and why?

Aung Sang quotes “In society where men are truly confident in their own worth, women are not merely tolerated and valued”.

Do you have a charitable cause you care about?

Yes, I support Sole hope.

Do you prefer selfies or camera shots and why?

I prefer camera shots because i can see myself through someone else’s lenses ‘eyes’ .

What do you think is wrong with the world?

Social media gives the wrong perspective on what a model should be and look like.

What’s right in the world?

The fact that models can show the world that you can realize you are imperfect but still accepting it.

Should books be determined to be outdated and no longer functional?

No books should still be functional because it can help you break away from social media. There’s nothing better than a book and cup of tea in the morning.

...
INTERVIEW

Who is your favorite role model and why?

Kylie Jenner because I admire her successful business and media managing.

Do you have a favorite number?

7

Do you care at all about Astrology?

No, that’s not something that catches my attention.

Thoughts on city life versus country life?

I am definitely a city girl.

Where will you be in exactly one year from this moment?

Hopefully one degree stronger.

Is it ever okay to cheat at anything, why or why not?

There are no shortcuts in life, don’t half-ass anything.

What would you wear on the perfect date?

You can never go wrong with a little black dress.

One thing you’d change, if you ruled the world?

I would teach the world that kindness is the most important thing of all.

My story in less than 5 minutes...

I’ve been doing modeling for just over a year now and I just fell in love with learning girls more about confidence and what they should do to be a badass woman. I also do Fitness competitions and my full-time job is personal training, I just love changing lives each day.

If your life was made into a movie, who would play your part and which actor would you want to be your leading man?

I would still be me, there’s nothing I would want to change, but change is good for growth.





KAITLYN EMANUEL

Photography by Kevin Talley



KAITLYN EMANUEL
Photography by Kevin Talley





KAITLYN EMANUEL

Photography by Kevin Talley



KAITLYN EMANUEL
Photography by Kevin Talley

FINALLY, I'M BACK!

By Michelle SportsX

IT'S

Reflecting to last year's SB is as good a place to start, and I think, no I know I had a boyfriend at that time. He was heading off to go skiing and I signed on to puppy sit for his new puppy. So, I cleaned up his patio, hung out with Max, and watched the big game solo while he sent me photos of the group that he never brought me around, and showed me the fun they were having.

I responded by baking chocolate chip cookies and cleaning his condo, which I did every week so that he would return to an amazing home coming. What was it that possessed me that guys get turned on by dutiful women who bake cookies, watch their puppy, and hang out solo while they head to Utah for a fun weekend trip, escapes me at the moment?

Somewhere along the way, in our relationship that had just passed the annual anniversary, things had taken such a horrible turn. As is often the case, I reflect on what I did wrong, or could have done differently

and dismiss the reality that he was equally to blame for our demise. Probably telling me he felt he could never be himself around me, was the first clue I ignored so anyway, needless to say we broke up within the month after the SB, and he hooked up with someone who was in the photo from the Utah ski trip. I suppose he's happier and can be himself, whoever that is, and I, well, I have my books.

And that is where I've had my nose buried this past year, so much so, that I lost sight of my writing here. It was in February that I found out that I had been accepted to a masters' program at a college here in Nevada, and since that time I've been doing an Alternative Route to Licensure program which enables me to teach elementary school while I complete the program. Did I happen to mention, I am so, so, happy. Albeit, busy AF! This past year, I have completed several classes which have enlightened me to what it takes to be an elementary school teacher, but nothing has given me true knowledge

like being in the classroom. Every day I am amazed at the beauty and joy of childhood, and I thank God for the amazing journey that I am privileged to be on! I LOVE, LOVE, LOVE teaching and could not think of a better place to teach than here in Southern Nevada.

Before I get back to sports, let me segue to a moment about how amazing God is and share a short story about something that happened to me this morning. The setting is my apartment in Nevada, and the characters include my son and his girlfriend who were sleeping in my room. For some reason, and I am not sure why, the little book When God Winks at You, by Squire Rushnell, which is usually at my bedside, was in my living room. I do not remember when I moved it, but it was there on the ottoman in plain view this morning. I had slept in the living room, and woke up early which I tend to do now since I teach, and even though it was Saturday, I decided to get up, make coffee and read. I picked up the book and began at the back of the book, where I found a story about a man who had been adopted at birth and reunited with his birth mom.

For several reasons, some known and some most likely not in my immediate awareness, I found this story compelling. Then I moved on to the quotes that appear to have been purposefully placed throughout the book.

I began to cut them out and put them on the ottoman, thinking that I would hide some of them in my son's suitcase, or in his things so he could find them as he unpacked when he got to Los Angeles.

My son, by the way, has been somewhat somber this past year, finding himself lost after graduating college, feeling stuck and unsure of what career moves to make. I know I cannot make him happy, but still I am his mom, and it's in my nature to do my best to help him see his blessings and be mindful of the need to remain positive. And then it happened, God winked!

In the back of my mind I knew that I could not make my son's choices for him, and that I was only responsible for my own happiness. I kept telling myself that it is best to let him be and be mindful that he has to make choices on his own, and that even though I can try to inspire him, the only person that can make him happy, is himself.

“

OF COURSE, THIS
KNOWLEDGE
DID NOT STOP ME
FROM TAKING THE
PILLOW ON MY
WINDOW SEAT
THAT HAS THE
WORDS BE HAPPY
STITCHED ON IT
AND WRAPPING
IT INSIDE THE
COMFORTER THAT I
WAS GOING TO PUT
IN THEIR CAR.

This is a lesson that I have learned and re-learned over the course of my life, and I knew that the quotes would only be welcomed when and if he is ready to receive the information. I told myself to focus on my own happiness and let go of any need to fix his life. He must do that for himself. Not his girlfriend, nor I, are responsible or capable of making him happy.

Of course, this knowledge did not stop me from taking the pillow on my window seat that has the words be happy stitched on it and wrapping it inside the comforter that I was going to put in their car. Pictures of the pillow falling to the floor, when he and his girlfriend unpacked their things, were in my brain as I carefully folded the comforter over the pillow. Then, we all went out and packed up his car. I came back inside and began to make up my bed without the comforter that I once had, and out popped the pillow.

Wait, had my son found the pillow and put it inside my blanket? It took me a moment to realize that I when I removed the duvet cover, the pillow must remain with me and did not make it to the comforter I had given my son. This was not intentional on my part, but I did keep the duvet cover, thinking that they would not need it and it matched my bedroom. So, I smiled and thought, that God sent me a little message and I went to my living room thinking that God might have just winked, and then . . .

I opened up my window, to let the fresh air in and I thought about how I rarely open the blinds in my apartment, but that I should do so because seeing the view can make me happy. Within a few seconds, the wind started to blow, and a greeting card fell from a shelf in my living room. The card had been one I received from a good friend of mine, only this time I think God was sending me the message. Here is what the card says:

“No matter how crazy my life gets, I know you'll be there and when it's your turn to lose it...you can count on me.”

I turned the card over and written on the back, it reads: just WINK

I know I did not share a bit of news about sports' betting or Vegas, per se but I'll be back. Thanks for reading and being here with me on this journey! #BeHappy



OLIVIA SQUIRES

Photography by Cameron Doane



OLIVIA SQUIRES
Photography by Cameron Doane



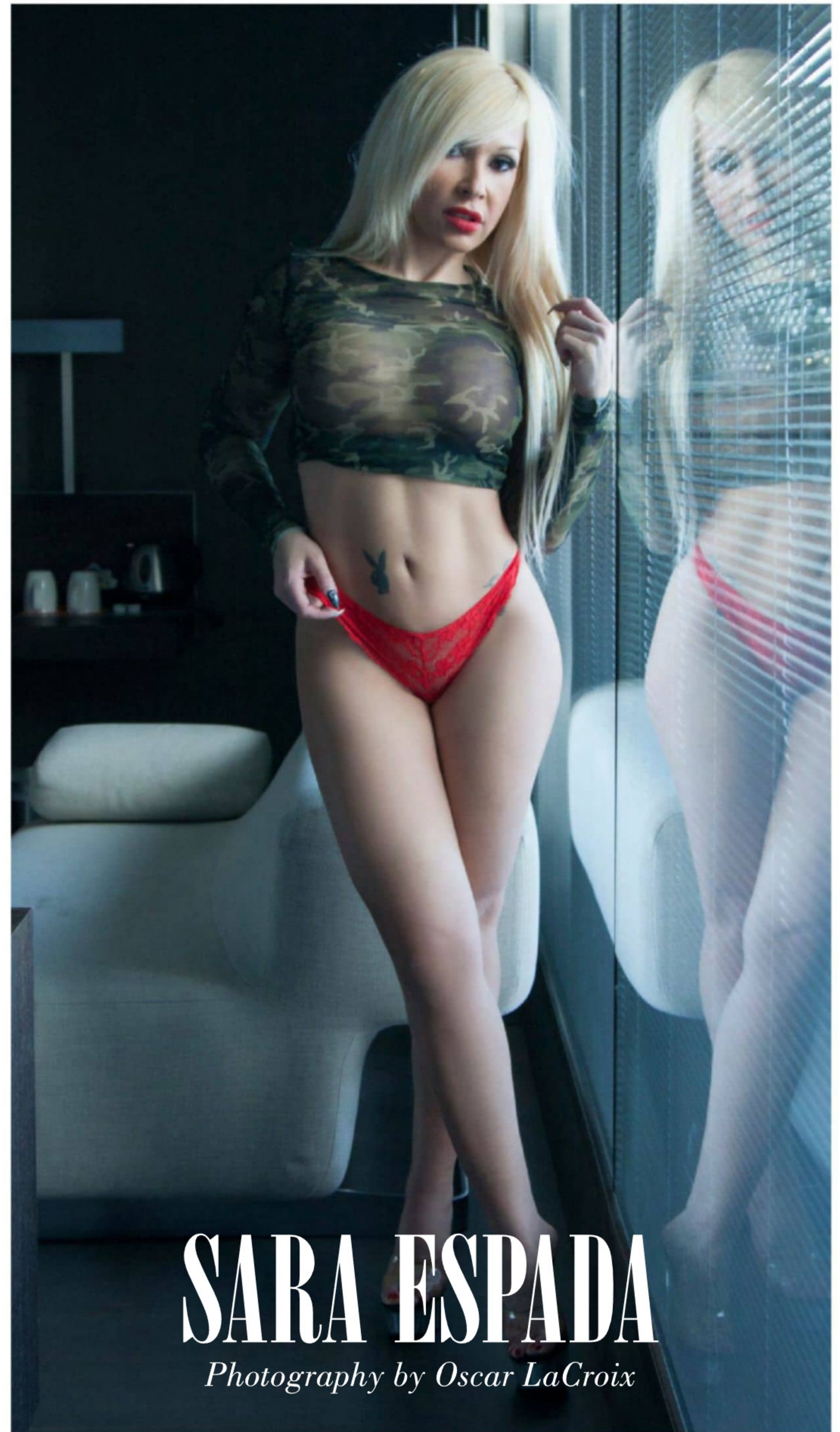
OLIVIA SQUIRES





SARA
ESPADA

Photography by Oscar LaCroix



SARA ESPADA
Photography by Oscar LaCroix



SARA ESPADA

Photography by Oscar LaCroix



SARA ESPADA

Photography by Oscar LaCroix



SARA ESPADA

Photography by Oscar LaCroix

Sara “The princess” was born in Valencia but currently lives in Barcelona,

She began to like modeling, posed, TV, cinema ...and the end she appeared on a very famous tv reality show in Spain, began to leave her name in the TV and other programs.

Sara is a girl with goals sportswoman, lover of animals, mother of a teenage girl and friend of my friends.

Her passion is television modeling, the gym and I usually work of image for sports brands I always dream of going further.

I’m Sara.... Miauuuu, the feline girl of Spain.

1. Describe yourself in three words.
Apparently, I'm whimsical, more sensual and very particular girl

2. What made you enter modeling?
The photographers noticed I was a little shy at first, and a little embarrassed and then I was already enjoying it.

3. Who inspires you and why?
Any American fitness model, Michelle Lewin is an inspiration to me

4. funny story about a session?
Well, I think they always have a good time with me I usually be a crazy girl at any moment I can laugh dance make jokes I am this is my personality

5. What is something weird about you?
Something weird envy I don't understand why that exists

6. Your favorite superhero?
Cat woman

7. Who is your celebrity crush?
Burak özçivit (actor)

8. What is your favorite sport?
Fitness

9. The most embarrassing situation you've been in?
Recording live program on TV stumbled and fell to the ground, Live on the air.

10. Name one thing you want to mark on your wish list in the next five years.
Leave Spain, to know and to work in USA

11. Favorite color?
Red and black

12. What is the best part of modeling?
To connect with the photography crew

13. Foods you crave?
I usually to eat healthy food but my favorite passion is pizza or pasta with something jellybean

14. What do you dream of today?
To know all the world, travel for shooting in more landscapes

15. What do you do to relax?
I am very nervous; I like to train my body almost all day

16. favorite drink?
Coffee with ice

17. ideal vacation spot?
Places with paradisiacal beaches

18. How does he have to be the ideal man of yours or in your life?
True to me, make me laugh, sportsman, do many things together

19. Do you consider yourself passionate, daring, moderate? Any anecdote?
I don't have much shame I only live once I don't want to regret not having done anything what I want to do. anecdote on a cruise, in the middle of the night I took off my clothes I bathed in the pool was obviously forbidden ... the watchman I think I was glad the night of him.

20. What are you looking for in photography and modeling? What style do you prefer or feel more daring, sexy?
Being the best to get the best out of me, I think my style is unique. I think fashion in modeling. The girls look at me and then I see that they want to take the same photos.

My photographers tend to be sexy always my style can be dressed and transmit transmission of sensuality.

21. What would you wear on the perfect date?
A good lingerie faces a black dress bandage cut low heart attack heels a good perfume, my sexy accessories and an elegant dress

22. My story in less than 5 minutes ... (a brief summary)
A happy girl who, at age 18, began broadcasting on television and since then I have no paradox. I have had 2 songs of mine since I was co-host of a sports reporter, finalist of a realistic program, talk shows, I think that everything behind a camera is my passion. I love what camera looks at me.

23. If your life were to be a movie who would like to play your part and who would be the leading man?
I would like to be Nihan in Karasevda, a fighter for love and how not to conquer Kemal Burak özçivit.

Interview
...
66

BEING THE BEST
TO GET THE BEST
OUT OF ME, I THINK
MY STYLE IS UNIQUE.
I THINK FASHION
IN MODELING. THE
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PHOTOS.



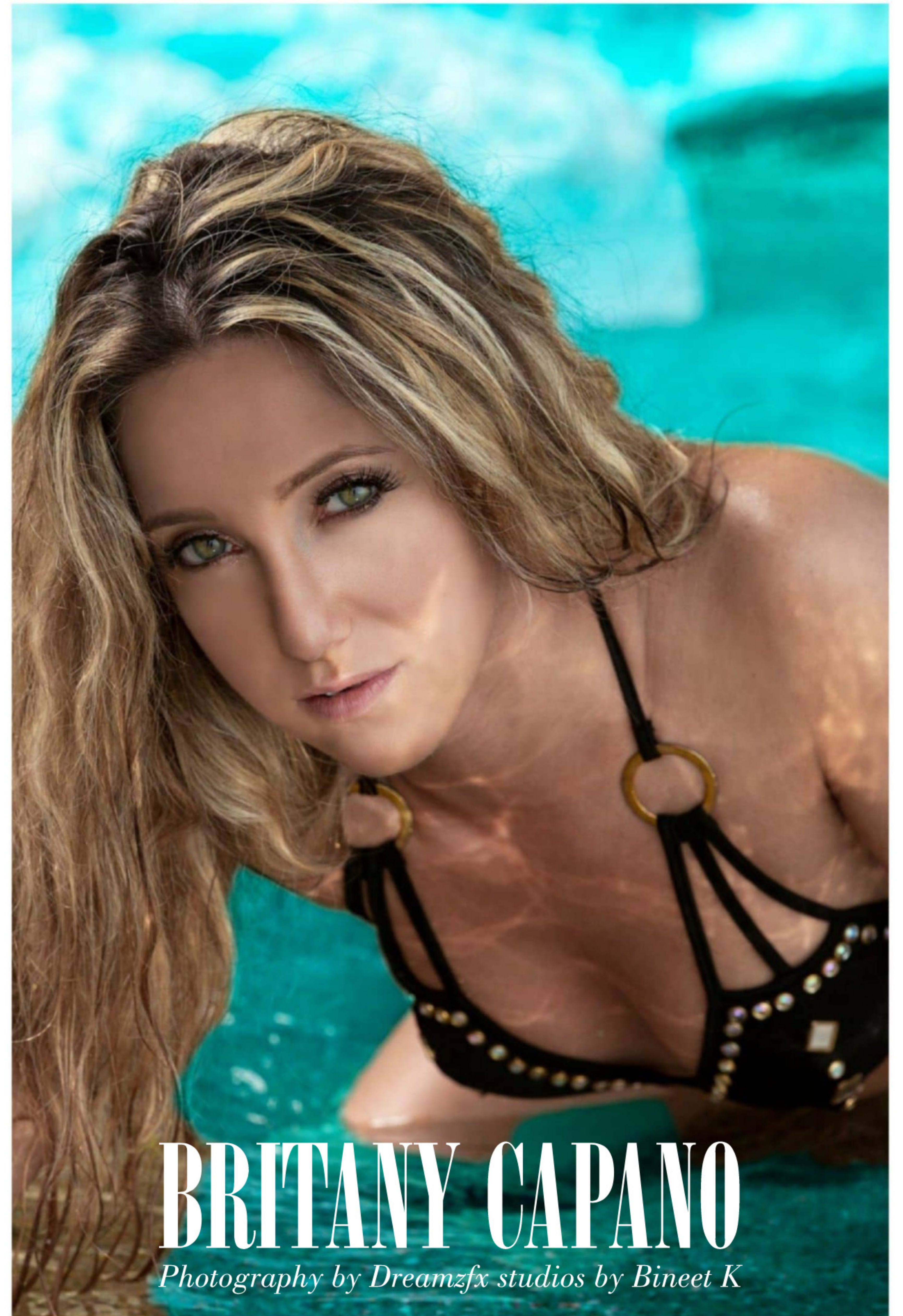
SARA ESPADA
Photography by Oscar LaCroix



MANCAVE PLAYBABE

BRITANY CAPANO

Photography by Dreamzfx studios by Bineet K



BRITANY CAPANO
Photography by Dreamzfx studios by Bineet K



B R I T A N Y CAPANO

*Photography by
Dreamzfx studios
by Bineet K*



BRITANY CAPANO

Photography by Dreamzfx studios by Bineet K

boston diaries

By Solange Sanchez



was a hot and humid afternoon the day after the 4th of July celebrations when I landed in Boston, Massachusetts. The place that was to be my home for the next three years. I don't know what I was expecting Boston to be like, but as I got out of my airport Uber and stepped into the dirty streets I knew that this wasn't it.

My Airbnb was by Emerson College, where I would be studying as a graduate student in the Fall. It was a building much like the rest; under construction to be exact.

The city was transitioning from their older architecture to a more modern aesthetic. For now, however, it looked like chaos and broken homes.

My college was in front of a cemetery. Yet, despite the constant reminder of our barrowed time, this was the prettiest area in the city. Two blocks down and the streets were packed with designer stores and restaurants.

All of which made my mouth water. In the days that followed I ate in plenty of them. The food was a selection of culture and taste. Tacos, pizza, avocado turkey sandwiches, French pastries, I truly had no complaints.

But the people, they walked with the lines of their lips facing downwards as if in constant distress. I looked for a pair of kind eyes to spark a conversation with, to ask about the city, but no one ever shifted their glance from the streets ahead.

The more I saw of Boston, the more I hated its touch. It was leaving a mark on me. Like cold hands placing chains around my wrists.



*IN MY MIND I
RAN THROUGH
A MAZE OF
POSSIBILITIES.
DOOR AFTER
DOOR I KNOCKED
ON TILL THE
WALLS OF MY
HEAD ACHED
AND A MIGRAINE
SET IN. EACH
PATH LED TO A
DEAD END. THE
ONLY WAY WAS
FORWARD; RIGHT
TO THE STOMACH
OF BOSTON.*

Knowledge sank into my chest like needles, digging deeper into my skin till it reached my veins, my blood, my being. I don't want to live here.

In my mind I ran through a maze of possibilities. Door after door I knocked on till the walls of my head ached and a migraine set in. Each path led to a dead end. The only way was forward; right to the stomach of Boston.

The streets were flooded with neutral color palettes. The buildings, what people wore, even the posters; it all mixed in with greys, and whites, and blacks. It was the middle of summer yet no one wore yellows, or red, or even blues.

I, on the other hand, had packed mostly neon.

My eyes burned as I walked through the crowds of Boston Common park. I saw couples, some holding hands, others laid under a nearby tree. I noticed a pair by the water laying on a faded maroon blanket that mixed right in with the dirt.

Both focusing at the item at hand in a sense of disconnect from the moment; from the live breathing lover at their side. He scrolled through his phone, she turned a page of her book.

A man passed by me uncomfortably close, stepping right in from of me so that I almost ran into him. His lips moved in speech as he looked me up and down. The smirk on his face told me that whatever he said was not something I cared to hear. I kept walking, faster now, hips swaying to the music in my ears. Wondering eyes preyed over me under the blazing sun; I suddenly regretted wearing a bright yellow top.

One more block and I can breathe again, I thought. Behind the locked door of my room. One more block.

It was not till I sat at the airport floor after waiting ten hours for a delayed flight that I had the crazy idea to be say the hell with it all. The best writers had stories to tell. Think Mary Shelley, Hemingway, Tolkien, they lived stories of their own. Hardships. War. Each learning from experiences that shaped their voice. And if my life was a novel, this moment was the part where I ran, and the true journey began.

A full-page photograph of a woman with long, wavy brown hair lying on her side on a sandy beach. She is wearing a gold-colored, shiny, string bikini top and matching bottoms. She is also wearing large gold hoop earrings, a gold chain necklace, and a gold bracelet. She is looking directly at the camera with a slight smile. The background shows a beach with palm trees and a building in the distance under a clear blue sky.

DEVI

Photography by Maruf Hosain



DEVI

Photography by Maruf Hosain



DEVI

Photography by Maruf Hosain





DEVI

Photography by Maruf Hosain



DEVI

Photography by Maruf Hosain

DEVI

Photography by Maruf Hosain



Who inspires you and why?

I often inspire myself to do more, push my limits, and strive to be greater. But Angelina Jolie is also a slight inspiration at times because of her strong demeanor.

Do you have a charitable cause you care about?

Helping/Aiding the homeless in LA

Do you prefer selfies or camera shots and why?

I love both! They produce different angles, and it's fun to play around with.

What do you think is wrong with the world?

Too many people fear for too long and end up hurting others.

What's right in the world?

Pizza.

Should books be determined to be outdated and no longer functional?

Not at all. I believe books are still fascinating and a classic to utilize for education or whatnot.

Who is your favorite role model and why?

Again, perhaps Angelina Jolie. But I really have no role model. I constantly look at myself and wonder how else I could improve.

Interview

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I OFTEN INSPIRE MYSELF TO DO MORE, PUSH MY LIMITS, AND STRIVE TO BE GREATER. BUT ANGELINA JOLIE IS ALSO A SLIGHT INSPIRATION AT TIMES BECAUSE OF HER STRONG DEMEANOR.

Do you have a favorite number?

69 lol

Do you care at all about Astrology?

Not really. But I think it's fun!

Thoughts on city life versus country life?

I like a balance of both. Living is great in the country, work is amazing in the city.

Where will you be in exactly one year from this moment?

Celebrating my birthday again!

Is it ever okay to cheat at anything, why or why not?

Of course! Who doesn't cheat at some thing in life?

What would you wear on the perfect date?

Little red dress with a low cut..

One thing you'd change, if you ruled the world?

I would make everything legal. Maybe it would take away the taboo or people's wants to execute all the "bad things" in the world.

My story in less than 5 minutes...

I'm a free spirited pansexual woman who was raised in the country, moved to the city, and always had a passion for beauty and business.

I love erasing the limits, stretching boundaries, doing things that people wouldn't normally do. I love getting a rush out of life.

If your life was made into a movie, who would play your part and which actor would you want to be your leading man?

Would definitely love for Angelina Jolie to play the part, she's an amazing actress! Leading man would probably be Richard Armitage..

Playbabe
of The Month

whitney cole

Photography by Maruf Hossain

FB : www.facebook.com/paintapose

Insta : [@paint.a.pose](https://www.instagram.com/paint.a.pose)

Model : Whitney Cole

FB : <https://www.facebook.com/whitney.scheefer>

Insta : www.onlyfans.com/whitneycoleonline





whitney cole

Photography by Maruf Hossain

whitney cole

Photography by Mary Hossain





whitney cole

photography by Maruf Hossain



whitney cole

Photography by Maruf Hossain



whitney cole

Photography by Marij Hossain



whitney cole

Photography by Mary Hossain

Photographer : Maruf Hossain
FB : www.facebook.com/paintapose
Insta : @paint.a.pose
Model : Whitney Cole
FB : <https://www.facebook.com/whitney.scheefer>
Insta : www.onlyfans.com/whitneycoletonline

Who inspires you and why?

Trent Reznor of Nine Inch Nails, because he invented the sexiest genre of music alive; Industrial. Don't believe me? Try listening to Reptile or Closer and not get turned on. Seriously. I'll wait.

Do you have a charitable cause you care about?

Yes. I had a model friend pass away tragically and untimely; leaving her 3-year-old daughter behind. All the Toronto models have been active in fundraising for her future. It's been a success so far but it's just the beginning

Do you prefer selfies or camera shots and why?

I prefer camera shots because of the possibilities it gives you if your creative enough. Although for some reason it's always the selfies that get the most attention and likes I've noticed!

What do you think is wrong with the world?

How much time do you have?

What's right in the world?

Cats. Sometimes I look at them and I can't even believe something so awesome and adorable exists.

Should books be determined to be outdated and no longer functional?

Absolutely not. Harry Potter is one of the greatest creative gifts on this planet and let me tell you NO MOVIE has ever done any book justice.

Who is your favorite role model and why?

Should books be determined to be outdated and no longer functional?

Do you have a favorite number?

Not really.

Interview

...

66

I PREFER CAMERA SHOTS BECAUSE OF THE POSSIBILITIES IT GIVES YOU IF YOUR CREATIVE ENOUGH. ALTHOUGH FOR SOME REASON IT'S ALWAYS THE SELFIES THAT GET THE MOST ATTENTION AND LIKES I'VE NOTICED!

WHITNEY COLE

Insta : www.onlyfans.com/whitneycoletonline

Do you care at all about Astrology?

I do. A lot in the recent years. Never believed it until I had too many things and people add up to everything. I don't believe in the daily stuff, but I do believe that certain personality traits fall into different signs and has a play on your compatibility with people.

Thoughts on city life versus country life?

One's fun and ones not. Country is boring, I'd switch that out with a cottage. Boats over Tractors.

Is it ever okay to cheat at anything, why or why not?

Yes. Not on people but sometimes it's called for because life isn't fair. And at the end of the day, if your not f*cking the system, it's likely f*cking you

What would you wear on the perfect date?

Whatever makes me comfy in the weather but shows off my personality. As long as I don't look basic or sporting whatever Fashion Nova put out that month. Originality is key for me.

One thing you'd change, if you ruled the world?

No religion

My story in less than 5 minutes...

I'm weird, I used to be a goth, I'm even more obsessed with that type of music now; I just don't dress it. I am very ruled by sound and music and have been learning ableton and producing my version of Industrial Techno; as well as learning how to DJ since these things go hand in hand. I'm looking to slowly transition into music and video channeling as I have a lot of funny and controversial non-PC opinions I want to stir up. You could say South Park is my religion.

If your life was made into a movie, who would play your part and which actor would you want to be your leading man?

Krysten Ritter. She has a knack for playing really weird/dark/blunt/free spirited women. Actually I think she did play me in a series. . . Don't trust the b*tch in Apartment 23. . . must've had 5 friends tell me she's portraying me lol! For leading man I'd pick Leonardo Dicaprio because he's probably the best actor of our time. I'd definitely get noticed if he was my



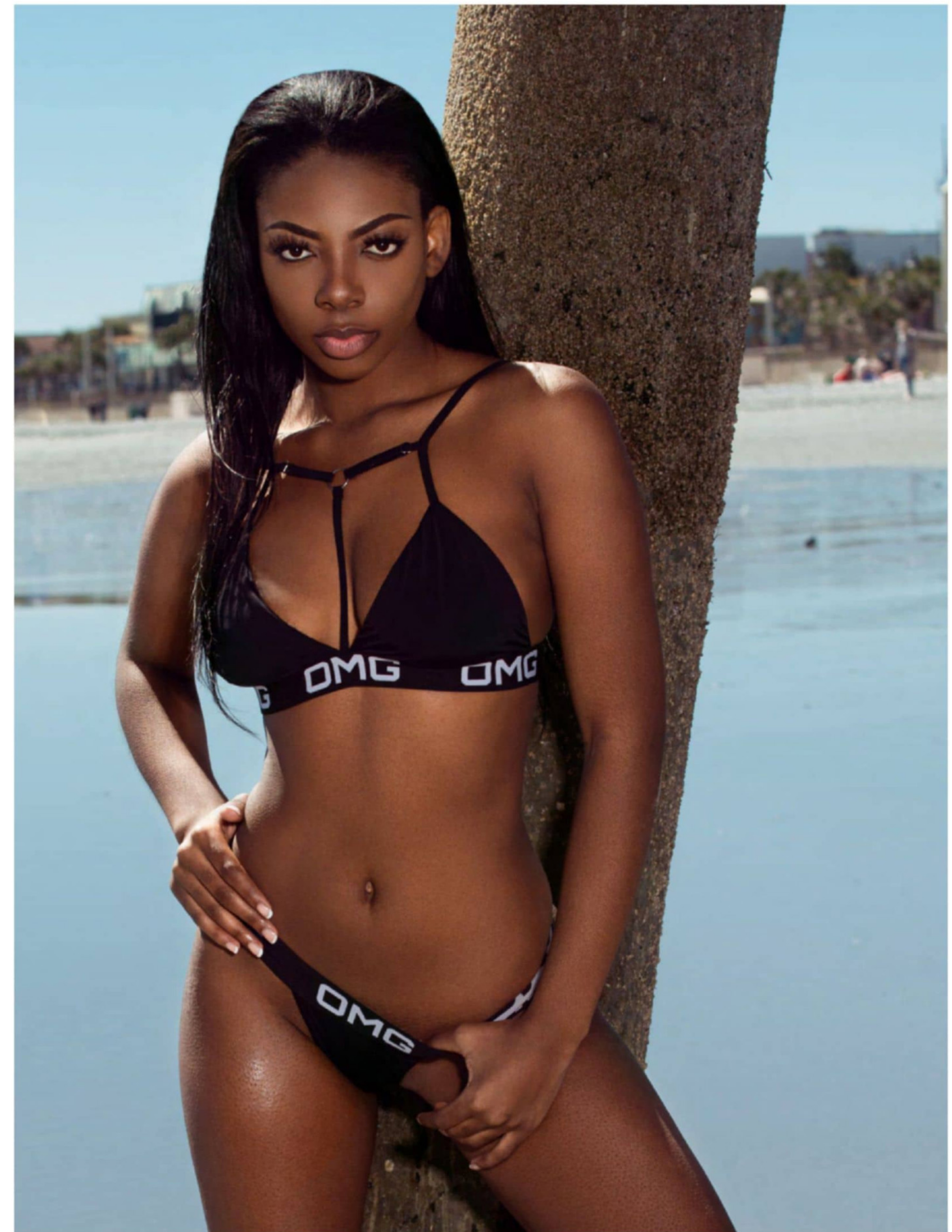
MANCAVE PLAYBABE
YASMEEN
Photography by Tim Ford





YASMEEN

Photography by Tim Ford



“

*I AM A MOTHER, MODEL,
PAGEANT QUEEN, AND
FASHION ENTREPRENEUR
WHO HAS COME A LONG
WAY, BUT STILL “HAS A
WAYS TO GO.”*

Do you prefer selfies or camera shots and why?

-Definitely camera shots. Photographers see and capture you totally different than you would yourself.

What do you think is wrong with the world?

-I think there is a lack of understanding and empathy when it comes to things and people you are not comfortable with.

What's right in the world?

-Genuine, happy, nice, positive, compassionate, outgoing, and fun-spirited individuals are what's right with this world.

Should books be determined to be outdated and no longer functional?

-Now that almost everything is digital, I do think physical copies are a bit outdated, but I also hate I'm at the end of my book, and my tablet dies lol

Who is your favorite role model and why?

-Sounds cliché, but I have to say my mother. She has been the rock and support system for myself and my siblings longer and better than anyone else. It's admiring.

Favorite teams

-Unfortunately, I have never been a big sports fan, so I don't have a favorite team.

Do you have a favorite number?

-Crazy enough, I do, it's 7.

Do you care at all about Astrology?

-Absolutely! I am a Leo and I love to check my daily horoscope.

Thoughts on city life versus country life?

-I have lived in Myrtle Beach, SC my whole life. I'm ready for a big city!

Where will you be in exactly one year from this moment?

-I hope to be thriving in my modeling career, while finishing school.

Is it ever okay to cheat at anything, why or why not?

-I think one of the only times it's okay to cheat, is on a diet.

What would you wear on the perfect date?

-My most perfect date would most likely include a sexy pair of heels and a form fitting dress.

One thing you'd change, if you ruled the world?

-If I ruled the world, I'd try to end all language barriers.

My story in less than 5 minutes..

-In short, I am a mother, model, pageant queen, and fashion entrepreneur who has come a long way, but still “has a ways to go”.

If your life was made into a movie, who would play your part and which actor would you want to be your leading man?

-I often get compared to Gabrielle Union, so I think she would make a good “Yasmeen”, with Lakieth Stanfield as my leading man.



Who inspires you and why?

-There is a model I discovered via social media named Aubri Ebony and I love how she uses her platform to counsel and encourage upcoming models.

Do you have a charitable cause you care about?

-Yes, as a full-time Hooters Girl and learning of the Kelly J Dowd Fund, I've become really attached to the V foundation, a non-profit organization that specializes in cancer research and related programs.



YASMEEN

Photography by Tim Ford

YASMEEN

Photography by Tim Ford

SHOULD YOU GET A CRIMINAL CHECK BEFORE YOU DATE SOMEONE?

So, the other day I was talking to a friend of mine. She's someone I knew in high school and someone I consider a good friend. Only, we did not become close until years after high school. What prompted our connection during our adult years, was none other than Facebook.

I have little doubt that many of those who read can relate in some way because Facebook has likely opened doors for many people who have lost touch to reunite, and/or for many who might not have been friends at a certain time to realize that they have commonalities that could cause them to connect.

Over the years I have reached out to many people I have lost touch with and I am forever grateful to Facebook, for being there to serve as a means to allow me to find people that ended up being so very important in my life. Most of the connections I have had have turned out well. Childhood friends,

former co-workers, and even those whom I've never met, but who have heard me on the radio or follow me on social media, are now members of my Facebook family.

The purpose of this post is not to talk about Facebook (or social media) connections per se, but the story I am about to share originated on Facebook. It does not end well, though. It's not my story, but my friend's story. With her permission, I am going to share it because what happened left her shaking and trembling in a repulsive and somewhat shocked state of mind. After she shared what happened, I wondered about how we can tend to have a false sense of security with those we used to know. Those who might have gone to the same school, grown up in the same town...

She met him a few months ago. He's someone who went to the same high school where we went. There's little doubt we would have gone out with him back then, because he's a few years younger than we are,

and back then a few years mattered more. When my friend shares his name and asked me if I knew him, I told her I did not think so. The two-month romance was going well she said. In fact, just this morning, had we talked then she would have told me that things were great, and she was dating someone, and things looked promising.

Only things had changed in a day, because during the afternoon she found out her new guy was a pedophile.

As my friend proceeded to tell me about the circumstances surrounding how she came to find out, and what he had been not only accused but convicted of, she shared the legal report about an appeal the guy had filed.

I thought that perhaps there was a mistake and maybe the guy was mistaken about a woman's age and asked out a young lady who was posing as an adult. Surely that could happen, right? For whatever reason, I tend to give people the benefit of the doubt, and I thought ...

Only as I continued to read the appeal, all about how the NYPD had entrapped him into crossing state lines to have sex with an underage girl, it became more apparent that things looked as though this guy was someone to stay away from.

In fact, I asked my friend why he was not in jail, only to find out that he had been. He had been given the maximum sentence but was out now. Why did my friend not know? How did she find out about the charges and conviction?

When I asked her, she told me that she had posted a photo of the two of them taken in New York City just the other day. Another woman, we had gone to high school with, happened to see their photo and immediately sent a message to my friend. "I saw the photo you posted and thought you should know..." was what she told my friend. My friend's newfound love interest went from potential to dreadful in a matter of moments. She texted the guy and demanded that he never contact her again and included a copy of the file from Findlaw.com with her text.

As I read the legal background about this guy, I thought about how trusting we all can be. Trust is so key in any relationship,

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I WAS TOLD BY
THE MANAGER
THAT I WAITED
TOO LONG, AND
THAT THEIR
COMPANY
POLICY WAS TO
PRESS CHARGES.**

and when you lose it, it's hard to ever get it back. Surely none of us are perfect, and sometimes we have run-ins with the law. Should you judge a person based on their criminal background?

When I was nineteen, I was buying a pair of jeans and wrote a check that bounced. When I tried to make restitution to the store, I was told by the manager that I waited too long, and that their company policy was to press charges. It was a tough lesson to learn, and I ended up actually being arrested by an over-zealous police officer. Should I share this with someone if I am dating them? What if a guy I decided to date did a criminal background check on me, and decided I was not worth getting to know because of a mistake I made when I was nineteen?

Why did this guy not tell my friend that he had been arrested? Well, more than likely if he had been honest, she would have run clear in the opposite direction. Some crimes are not as simple as writing a bad check.

I asked my friend if she would mind if I shared about her story, if for no other reason that the caution folks that just because you knew someone when you were kids does not mean they are safer than any other person you just meet. Be mindful, use caution, and pay attention to those red flags. If you feel you want to do a background check or use a dating service that does those checks for you, do it.

I am not a big fan of the way our right to privacy has eroded. I like the idea of getting to know someone gradually and sharing only what you want to share. On the flip side though, I think it's only fair to share something that's truly a potential deal-breaker in an up-front manner. It just seems like the right thing to do.

Thankfully, for my friend she was able to get out of this dating situation relatively unscathed. It's not like she'd been intimate with him, and she had not called in love. When I asked her if she would have dated him, if he'd been honest with her and told her about the charges and conviction, she said, "I honestly do not know, but I probably would not have gone out with him." I think, that she had a right to know. Maybe that ought to be something that is required by law, full disclosure for serious crimes like that.

A black and white photograph of a woman with long, dark, wavy hair sitting on a windowsill. She is looking directly at the camera with a neutral expression. She is wearing a light-colored, possibly white, skirt or dress that is draped over her legs. Her hands are resting on her knees. The background is a large window with sheer curtains, through which a blurred cityscape or outdoor scene is visible. The lighting is soft and natural, coming from the window.

MANDY FAY

*Photography by
Sherman Orendorf*



MANDY FAY

Photography by Sherman Orendorf



MANDY **FAY**

Photography by Sherman Orendorf



MANDY FAY

Photography by Sherman Orendorf



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Photography by Sherman Orendorf



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Photography by Sherman Orendorf



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NICOLE
NIXON

Photography by Tim Ford



Photography by Tim Ford

NICOLE NIXON



NICOLE NIXON

Photography by Tim Ford

Model: Nicole Nixon
Height: 5'4
Weight: 130 lbs
Sizes: Small top/ bottom
Zodiac Sign: Taurus
Booking Email: nicolenixon00@aol.com
Instagram: @nicolenixonnn
Facebook: Nicole Nixon
Web Page: N/A

Who inspires you and why?

Katya Henry inspires me to love myself and to workout because there is always room for self improvement. Seeing her transformation pictures pushes me to never give up.

Do you have a charitable cause you care about?

Growing up I've personally contributed the most to Salvation Army. Donating my clothes that I no longer have use for has always been something I enjoy doing.

Do you prefer selfies or camera shots and why?

As much as I love a good ole selfie, I'm going to have to go with camera shots. I love having my pictures taken at angles I can't capture myself.

What do you think is wrong with the world?

I think there is too much hate in the world. People often times hate out of jealousy or insecurity when they could take that energy and work on loving and improving themselves instead.

What's right in the world?

There are still a lot of good people in this world who make it a better place.

Should books be determined to be outdated and no longer functional?

Absolutely not. Although it is a world of technology, I will always prefer holding a physical copy of a book in my hand.

Who is your favorite role model and why?

An American entrepreneur and motivational speaker, Jim Rohn. Listening to his motivational speeches when I'm getting ready in the morning sets the tone for a productive and positive day everyday.

Favorite team?

Being a Baltimore baby, I must go with the Baltimore Ravens.

Do you have a favorite number?

Interview
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*THE AMOUNT
OF NEGATIVITY
AND VIOLENCE
WE HAVE IN
THIS WORLD. I
WOULD WANT
EVERYONE
TO LOVE
THEMSELVES
AND OTHER
HUMAN BEINGS
AS WELL.*

My favorite number is 8. I think it's the perfect even number and if you turn it sideways it's an infinity sign.

Do you care at all about Astrology?

Yes I do. I can personally relate a lot to my horoscopes and also have a lot of the common characteristics that Taurus's are known to have such as independent, loyal and emotionally strong.

Thoughts on city life versus country life?

With a country life you have a lot more scenery and a lot more privacy which is nice. With a city life there are a lot more people around you but there is also more job opportunities as well.

Where will you be in exactly one year from this moment?

In one year from now I will be continuing to further my education in college, and will also be advancing in modeling as well.

Is it ever okay to cheat at anything, why or why not?

Absolutely not. I am a firm believer of karma and it's always your best to do the right thing when no one is looking. Cheating will always come back and get you in some way.

What would you wear on the perfect date?

My perfect date would be something beach or pool related so a cute bikini of course.

One thing you'd change, if you ruled the world?

The amount of negativity and violence we have in this world. I would want everyone to love themselves and other human beings as well.

Your story in less than 5 minutes...

growing up I was always moving due to family issues and I got bullied in school a lot. I've been through a lot to say the least but I am proud of everything I've been through because it made me the strong independent women I am today. I've came so far and learned to love myself and that's something I encourage everyone else to do as well.

If your life was made into a movie, who would play your part and which actor would you want to be your leading man?

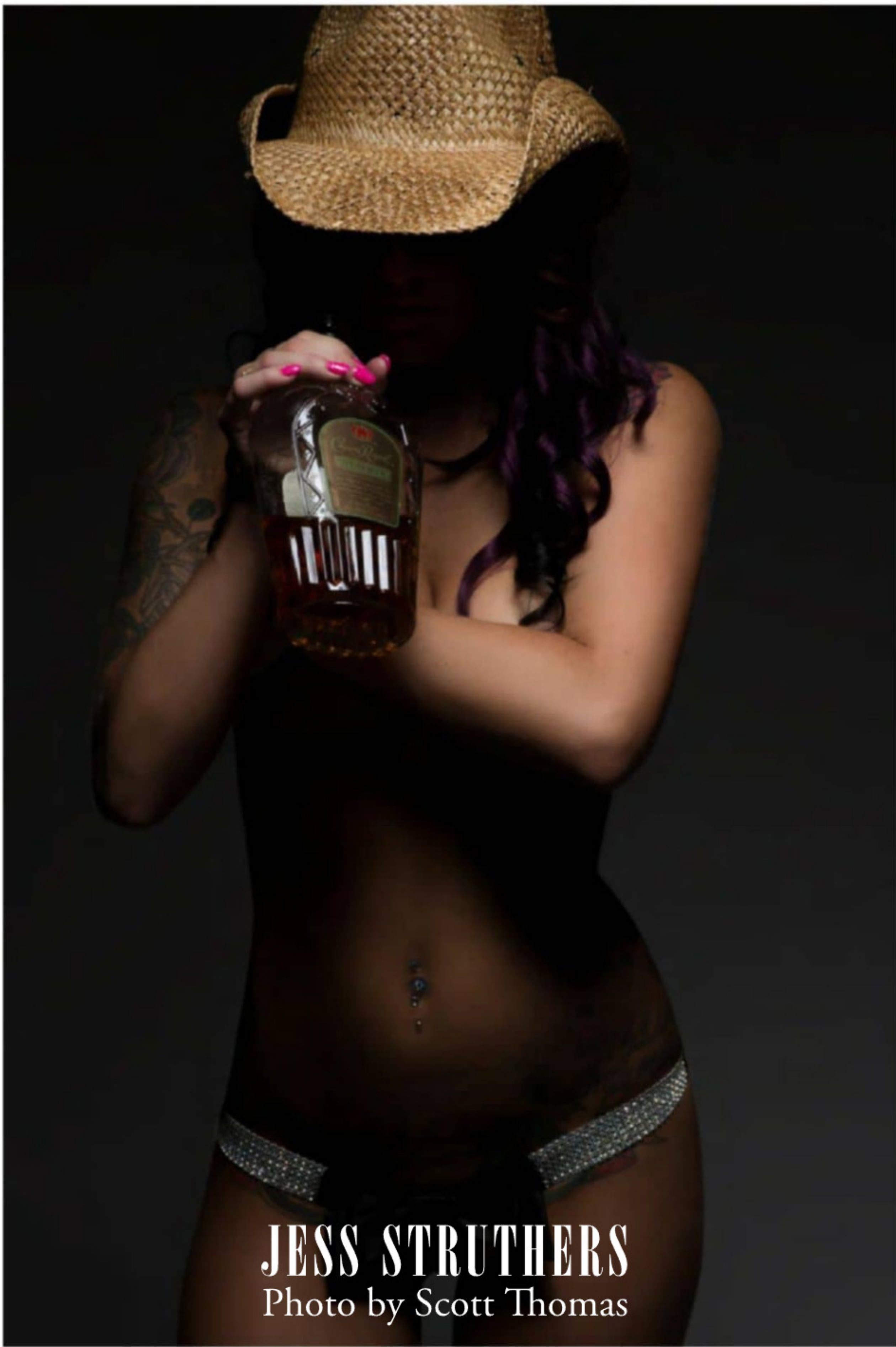
Honestly, my life is a movie itself. I wouldn't be able to pick just one movie because everyone's life is so different and no two people in this world have been through the same thing.





NICOLE NIXON

*Photography by
Tim Ford*



THE QUALITIES OF REAL FRIENDSHIP

By Natalie

There are certain things that we need to combine to have and keep a true friend. Humor and personality types aren't the only ingredients of true friendship. We may have different characteristics but they won't prevent us from bonding with our friends. Nevertheless, having a friend with a nice sense of humor would be good. Now to the components of true friendship.

Trustworthiness

Trust can only be cultivated in people, we cannot create it. It comprises of loyalty, dependability, and honesty. When we break any of the components, we put our friendships in devastation.

What is honesty?

When we are honest with each other, we speak objectively and from our hearts. These traits ought to be incorporated into our words.

Loyalty

We need to exhibit loyalty to each other right from the moment we create a friendship. Your true friend should keep what they know about you to themselves. They should stick out for each other in the face of criticism.

Dependability

If we are dependable, then our friends can count on us to do something that we promised to do. Both of us should do all in our power to stand up for each other when situations call for that. Friendships grow stale and phony when friends expecting their counterparts to come through for them, realize that they are likely to be let down.

Failing your friend on repeated occasions will result in bitterness on their side, presenting unfavorable conditions for the relationship between you.

In order to trust another person completely, we need to accept being vulnerable to them and ensure that we are comfortable with it. Whenever you find it hard to show your true self to someone else, it is likely that they will have and demonstrate some doubts about trusting you entirely.

Affection

The root definition of the term 'friendship' is derived from a Hebrew word oheb which means "someone who loves." All close friends value, love each other dearly and enjoy each other's company. Their friendship is sort of an adventure. Throughout its course, the

friends benefit by simply having each other, spending time together and enjoying the time they have together.

You and your friends will laugh and sing together and be there to offer each other encouragement. We like to refer to friendship moments as golden sessions. Say we meet and sit around a fire, no hurry, just chilling.

The only worthy way of describing such a session is, "a situation in which we forget about the larger world we live in, to think about a smaller world that we create in our minds as a special form of affection envelops us."

If we feel this affection in a friendship, then we have a true friend.

Empathy

There's more to empathy than just caring about another human being. The bigger picture about showing that we care is being able to listen effectively, suppress our judgment and be there to offer support in bad and good times. To demonstrate these qualities, our traits need to be guided by self-discipline, personal understanding and absolute positive regard for all our friends.

What is empathy?

We show empathy to other people by being able to understand their situation. We get to know their feelings then choose how to respond and interact with them. Our actions are dependent on how we think about our friend's situation.

Suppressing judgment

Is it easy for us to accept what our friends choose? True friends learn to hold back judgment even when choices made differ with what they perceive as right. Failing to understand others makes it easy for us to judge them.

Supporting each other

A good friend will not only show support during bad times but also during the good times. That is what defines a true friend. We may want to console people when we observe that they are going through problems, but we should not forget to be with them during their high points.

It shows that we are not bitter or envious of their good fortune. True friends should

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BETWEEN YOU.”

be there for each other through thick and thin. If we find it hard to celebrate our friends' achievements, we threaten the very foundation of our friendship.

Effective listening

Communication is the best way to get experiences, thoughts, and feelings through to other people. Having good listening skills will help us improve our sharing process.

It is this repeated giving and taking that deepens our relationships and makes them last longer.

Getting Along With People

People who have the quality of congeniality get along with others because of their friendliness. There are three traits that make this possible.

A friend has to be self-assured, be fun to have around and have the ability to see the humor in everyday life. These three characteristics make up the overall feeling of happiness and wellness in life.

Being fun to be around

We do not want to be that friend or have that friend who is always grumpy, with a dull expression on themselves. Being a fun person isn't a difficult thing. You need to begin by shedding off all negative energy and concentrate on the positive things that happen to you.

You will enjoy life and be able to take care of the challenges that face you.

Recognize the humor of life

Be that friend who recognizes the instance when life needs not be taken too seriously. You will help others and yourself deal with the curveballs that life keeps throwing you. You want your friend to demonstrate that trait when an occurrence leaves you feeling down.

Have self-assurance

A confident friend is not one who shows an air of brashness to you or other people. It is not that person who feels the need to show they are brave or know how to do things.

Confidence has all to do with the appealing, natural expression of self-regard and ability. When we are accompanied by a naturally confident person, we experience some rise in our own confidence.

Not all friends are able to show all the above qualities. True friendships ought to at least exhibit some of the characteristics described above though.



NIKKI POPE
Photography by Scott Thomas





NIKKI POPE

Photography by Scott Thomas



NIKKI POPE

Photography by Scott Thomas





NIKKI POPE
Photography by Scott Thomas



**NIKKI
POPE**
*Photography by
Scott Thomas*



LILLY MATTINGLY

Photography by Kevin Talley





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Photography by Kevin Talley



LILLY MATTINGLY

Photography by Kevin Talley

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IF I RULED THE WORLD AND
COULD CHANGE ONE THING, I
WOULD PROVIDE FOOD, SHELTER,
AND HEALTH CARE FOR ALL IN
NEED.



LILLY MATTINGLY

Photography by Kevin Talley



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L I L L Y
MATTINGLY

Photography by
Kevin Talley

LILLY MATTINGLY

Photography by Kevin Talley

“I think that our inability to overcome our differences and lack of compassion for others different than us is the leading cause of hate and violence that goes on in our world.”

Who inspires you and why?

I would say that my mom is my biggest inspiration because of how strong and caring she is. My mom has been super supportive and helpful in helping me get started in modeling recently.

Do you have a charitable cause you care about?

I care a lot about human services charities and how they help provide for those in need.

Do you prefer selfies or camera shots and why?

I prefer selfies because I feel like no one knows my angles as best as I do when taking pictures of myself.

What do you think is wrong with the world?

I think that our inability to overcome our differences and lack of compassion for others different than us is the leading cause of hate and violence that goes on in our world.

What's right in the world?

I think something that's right in the world is when tragic accidents happen people have a way of all coming together still in order to support and help one another.

• • •
INTERVIEW



Should books be determined to be outdated and no longer functional?

No, I don't think books should be no longer functional because books hold a certain importance depending on when and what they are based off

Who is your favorite role model and why?

My favorite role model is probably Lady Gaga because she is a good idol for young women and advocates for many good causes

Do you have a favorite number?

My favorite number is 7

Do you care at all about Astrology?

I have some interest in Astrology and in my sign, but I've never gotten really deep into studying it.

Thoughts on city life versus country life?

I feel that city life is more hectic and chaotic and country life is more relaxing and laid back.

Where will you be in exactly one year from this moment?

In one year hopefully I will be further in my modeling career and still in college working on getting my degree.

Is it ever okay to cheat at anything, why or why not?

In general, for life I feel that morally it's not good to cheat on things, people, etc....but I know we've all cheated on a test or two in school.

What would you wear on the perfect date?

On the perfect date I would wear a pair of nude stiletto heels with either a little black dress or my favorite pair of jeans with a nice top.

One thing you'd change, if you ruled the world.

If I ruled the world and could change one thing, I would provide food, shelter, and health care for all in need.

If your life was made into a movie, who would play your part and which actor would you want to be your leading man?

If my life were a movie, I would want to be Scarlett Johansson and the leading man to be Leonardo DiCaprio



LILLY MATTINGLY

Photography by Kevin Talley



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I FEEL LIKE NO
ONE KNOWS MY
ANGLES AS BEST
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LILLY
MATTINGLY

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